

FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page
<http://www-nehc.med.navy.mil/hp/index.htm>

Friday FACTS

Subscribe to this publication
by visiting our web site.
Click on "Friday Facts"

1 September 2000

"Leadership, Partnership, and Championship"

Cardiac arrest and CPR:



Cardiac arrest and CPR:

The American Heart Association (AHA) has revised and streamlined its guidelines for resuscitation of people whose hearts have stopped (cardiac arrest). People will no longer be taught to check the pulse of a collapsed person before starting chest compressions and breaths, according to the AHA.

Instead, the new guidelines advise checking for

normal breathing, movement, and response to touch or questions when deciding whether cardiopulmonary resuscitation (CPR) is necessary. Studies have shown that people who perform CPR are incorrect in their judgment about the presence of a pulse at least 35 percent of the time, according to Vinay Nadkarni, M.D., chairman-elect of the AHA committee that sets guidelines for emergency cardiac care. Each year in the United States, an estimated 225,000 episodes of sudden cardiac arrest occur outside a hospital, according to AHA president Rosemarie Robertson, M.D., and only 5 percent of people survive. Sudden cardiac arrest occurs when the heart's electrical signals are disrupted. The heart stops beating, or it starts to quiver (ventricular fibrillation). Blood is not pumped to the

brain or other vital organs, resulting in collapse and, without prompt treatment, death. A heart attack is not the same as sudden cardiac arrest. A heart attack is the death of heart muscle. Sudden cardiac arrest may be brought on by a heart attack or a drug overdose, or it may result from an accident such as electrical shock or near drowning.

The AHA guidelines simplify CPR. Previous instructions varied the ratio of chest compressions and breaths according to the number of rescuers. The new guidelines say that people giving CPR to adults should perform 15 chest compressions for every 2 breaths regardless of the number of rescuers present. The guidelines also call for widespread distribution of portable devices called external defibrillators in ambulances, fire trucks, police cars, public buildings, sports arenas, theaters, airports and air-

planes. These computerized units quickly sense whether the heart has stopped and deliver a jolt of electricity to restore the heart's natural rhythm. CPR followed by defibrillation within 2 to 3 minutes of collapse has produced survival rates of up to 50 percent in some studies, Dr. Nadkarni says. With each minute of delay, chance of survival decreases by 7 percent to 10 percent. The guidelines are published in the Aug. 22 issue of *Circulation: Journal of the American Heart Association*. For more information on the heart and resuscitation, see:

"Interactive heart tour"
<http://www.mayohealth.org/mayo/9902/htm/heart/heart.htm>; American Heart Association - "Emergency cardiovascular care programs" <http://www.proed.net/ecc/>
Circulation: Journal of the American Heart Association
<http://circ.ahajournals.org/>



PPIP CORNER

DD 2766 NEWS! BUMEDNOTE 5200 MED-914 "STOCK NUMBERS FOR DD 2766, DD 2766C, and NAVMED 6150/20" was signed on 21 August 00 and sent to "All Ships and Stations having Medical Department Personnel". To download the note, go to <http://navymedicine.med.navy.mil/instructions/external/external.htm>. The DD 2766, a.k.a. The Adult Preventive and

Chronic Care Flowsheet is now available in Navy Supply system and can be ordered on-line at <http://forms.daps.mil/order/>. Scroll down to "Forms Number" and enter "2766" in the search criteria block. Guidance for completing the DD 2766, another BUMEDNOTE (6150) is coming out soon. A "DRAFT" of that note and a Powerpoint presentation based on that guidance is available on the web at <http://www-nehc.med.navy.mil/hp/ppip/policy/index.htm>

Hot Picks: Check out the following websites:

<http://www.cdc.gov/phtn/>
<http://www.cdc.gov/phtn/tenachievements/default.htm>

*"Laughter is the
shortest distance
between two people."
-Victor Borge*